

30 Day Abs/Core Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Front Plank (30s), Side Plank (30s), Bicycle Crunch	Seated Russian Twists, Flutter Kicks, Scissor Kicks	Leg Lifts, Heel Touches, Bird Dogs	Bicycle Crunch, Knees to Elbows, Superman	Straight Arm Plank, Flutter Kicks, Side Plank	Russian Twists, Scissor Kicks, Bird Dogs	Leg Lifts, Heel Touches, Superman
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 2	Knees to Elbows, Straight Arm Plank, Figure 8	Front Plank (30s), Side Plank (30s), Bicycle Crunch	Seated Russian Twists, Flutter Kicks, Scissor Kicks	Leg Lifts, Heel Touches, Bird Dogs	Bicycle Crunch, Knees to Elbows, Superman	Straight Arm Plank, Flutter Kicks, Side Plank	Knees to Elbows, Straight Arm Plank, Figure 8
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Week 3	Russian Twists, Scissor Kicks, Bird Dogs	Leg Lifts, Heel Touches, Superman	Front Plank (45s), Side Plank (45s), Bicycle Crunch	Seated Russian Twists, Flutter Kicks, Scissor Kicks	Leg Lifts, Heel Touches, Bird Dogs	Bicycle Crunch, Knees to Elbows, Superman	Straight Arm Plank, Flutter Kicks, Side Plank
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Week 4	Knees to Elbows, Straight Arm Plank, Figure 8	Russian Twists, Scissor Kicks, Bird Dogs	Leg Lifts, Heel Touches, Superman	Front Plank (1min), Side Plank (1min), Bicycle Crunch	Seated Russian Twists, Flutter Kicks, Scissor Kicks	Leg Lifts, Heel Touches, Bird Dogs	Bicycle Crunch, Knees to Elbows, Superman
	Day 29	Day 30					
Week 5	Leg Lifts, Heel Touches, Superman	Front Plank (1min), Side Plank (1min), Bicycle Crunch	<p><i>For each day, do 10 repetitions of each exercise and repeat the routine 3 times. For planks, hold for 30 seconds on each exercise unless noted otherwise.</i></p>				

Ab/Core Exercise to Choose from

Front Plank

Side Plank

Straight Arm Plank

Sitting ab twists (Russian Twists)

Flutter Kicks

Scissor Kicks

Leg Lifts

Heel Touches

Bicycle

Fitness Ball Crunch

Knee to Elbow

Superman

Bird Dogs

Figure 8